



## Office On Aging

1190 S. Bascom Ave. #220, San José 95128

**Phone:** 408-277-4101

**Fax:** 408-297-6123

**Supervisor:** Diane Lindberg

**Email:** [diane.lindberg@sanjoseca.gov](mailto:diane.lindberg@sanjoseca.gov)

**Bus Line:** 62

**Types of Programs:** Information and referral, volunteer placement, assessment, support services, job search assistance, tax assistance, and special events.

The Office on Aging offers a variety of City Wide Services and Programs to older adult residents to help them maintain an active and independent life style. Most programs are designed for those aged 50 and better and are offered through your local Senior and Community Centers (please see listings of activities under each center).

## SENIOR SERVICES

### Advisory Councils

Each center has an Advisory Council consisting of volunteers who are responsible for providing input to the center staff on programs and senior issues. Most Advisory Councils are active in fundraising activities for their center and meet once per month.

### Adult Education

Most centers offer a wide variety of Adult Education classes at no cost or very low cost. Typically, fitness classes (Tai- Chi, Body Conditioning, Aerobics, and Dance), art classes (Oil Painting, Watercolor, Calligraphy, Chinese Brush Painting, and Ceramics) and life-time learning classes (Computer, Genealogy, Conversational Spanish, California History and Current Events) are offered. Look under your local center to see what classes are available.

### Bingo

Many centers have a bingo committee consisting of volunteers who offer bingo once a week to all adults age 18 and over. The price of game packs and cash prizes varies from center to center. The specific day and time your center offers Bingo is listed on the Senior Center Service Directory (page 10). If you are interested in playing bingo or volunteering to serve on the bingo committee, please contact your local center.

### Drop-In Activities

All centers offer a wide variety of activities on a drop-in basis that are free of charge. Typically, centers will offer bridge, cards, table-tennis, choir, crafts, clubs, line dancing, ballroom dances, drama, tennis, billiards and gardening. Look under your local center to see what specific drop-in activities they offer.

### Health Insurance Counseling and Advocacy Program (HICAP)

The Health Insurance Counseling and Advocacy Program, available at all centers (see Senior Service Directory on page 10) is free of charge. Trained counselors will assist you with Medicare, Medi-Cal, supplemental insurance and long-term care insurance information or issues. Counselors can also help you fill out claim forms. Please call your local center for an appointment.

### Income Tax Preparation and Home Owners and Renters Assistance

Trained volunteers are available at your local center by appointment to prepare your Federal and State income tax or fill out your Home Owners and Renters rebate paperwork. Call your local center for an appointment (see Senior Center Service Directory on page 10). If you are interested in becoming a volunteer tax counselor, please call the Office on Aging at 277-4790 for training information.

### Senior Trips and Tours return to City of San José - Office on Aging



#### Frontier Travel and Tours

Trained escorts.

Over 30 years experience.

Memorable travel experiences.

Registration at San José senior centers.

Highest safety ratings.

ADA compliance.

Travel clubs.

For trip information and reservation dates:

Call (800) 955-2877

<http://frontiertraveltours.com/sanjose>



# Senior Center Service Directory

SERVICES	Alma 275-1315	Almaden 268-1133	Alviso 586-7621	Berryessa 251-6392	Cypress 244-1353	Evergreen 270-2220	Gardner 279-1498	Hank Lopez 926-3895	Iola Williams 292-6592	Kirk 269-0214	Southside 629-3435	St. James 277-4194	Willows 448-6400
Office Hours	M-F 9-3	M-F 8-4:30	M/W 10-12	M-F 9-5	M-F 9-4	M-F 8:30-4:30	M-F 9-5	M-F 9-5	M-F 9-4	M-F 9-4	M-F 9-4:30	M-F 9-4 Sat 10-2	M-F 8:30-4
BART \$6.00	Yes			Yes	Yes	Yes		Yes		Yes	Yes	Yes	Yes
Bus Lines	82	63	58	62	23	31	Light Rail	70	26,72	63	27	22,23,72 73,80,82 Light Rail	26 64
Bingo	F 1:00	2nd F 12 Noon		1st/3rd/5th TH 1:00	TH 1:00	T 1:15	T/W 12 Noon	TH 1:30	F 12:30		T 1:15		W 1:15
Blood Pressure	W 10:00				TH 11:30-12:30	F 1st 10-12	T 1st/3rd 11-1		F 10:30-12:00	M 2nd/4th	TH 9:30-11:00	TH 10:30	T/TH 10:00-11:30
Brown Bag	W 8-9				W 10-11			F 9-10:30	F 9-11		TH 10:30		
Resource Specialist	T 2nd/4th 11-1	Call for Appt.		M 11-1	TH 1st/3rd 10-1	F 11-12:30	T 1st/3rd 11-1	TH 11-1			W 1st/4th 11-1		T 11-1
Dances	Yes				T 1:00 2nd S 1:15		Yes	Last Wed 1-3	W 1-3	M 2:30	F 1st/3rd 4th	M-F 1-3 Sat 11:30-2	Call for Details
Transit FLASH Pass					Yes			Yes			Yes	Yes	Yes
Gift Shop					M-F 10-2						M-F 10-2		M-F 10-2
HICAP 296-8290				M 4th	TH 2nd/4th 10-12	TH 2nd 9:30-12:30				T 3rd 9:15-11:30	T 2nd/4th 9:15-12	T 2nd/4th 1,2,3, T	T 2nd/4th 10-12
Homeowners & Renters Assistance	Jul.-Oct.			Jul.-Oct.	Jul.-Oct.		Jul.-Oct.	Jul.-Oct.	Jul.-Oct.	Jul.-Oct.	Jul.-Oct.	Jul.-Oct.	Jul.-Oct.
Senior Nutrition Lunch Reservations	M-F 12 Noon	M-F 11:45	M/W 12 Noon	M-F 12 Noon	M-F 11:45	M-F 12 Noon	M-F 11:30	M-F 12 Noon	M-F 12 Noon	M-TH 12 Noon	M-F 12 Noon	M-F 12 Noon SAT 11:30	M-F 12 Noon (Resv. not required)
SALA Legal Assistance 295-5991	1st T 11-1	2nd T		3rd M	1st T	3rd F 9:30-11:30		2nd T 11:00	3rd M 10:30	4th T 9:30-11:30	1st/3rd T	1st/3rd F	1st/2nd 9:30-12



## Aging Services Strategic Plan

In 1900, the average person could expect to live to age 47. Senior Citizens comprised only 4% of the American population. A child born today has a life expectancy of 77.2 years. Our longer lifespan, coupled with the aging of the Baby Boom generation, is increasing the population of older adults to historic levels.

The aging of our population means rethinking everything from way we design buildings to the types of programs offered inside. Today's seniors want more choices. Although bingo and cards remain popular pastimes at Senior Centers, fitness classes and computer classes are also in high demand. Volunteer and life long learning opportunities help keep seniors active and engaged. Services that help seniors remain independent and mobile will be ever more important as the number of older adults continues to grow.

To better serve the needs of our growing senior population, the City of San José and the County of Santa Clara are developing a joint Aging Services Strategic Plan. The one-year project is being co-chaired by Council Member Ken Yeager and County Supervisor Don Gage. A Strategic Plan Advisory Team comprised of representatives from aging services non-profit agencies, the San José Senior Commission, the San José State Department of Gerontology, the City of San José Office on Aging, and the County Department of Aging and Adult Services was

formed to help guide the project and preparation of the final report. Once completed, the plan will be used to identify needs, better deliver senior services, and as guide for future funding decisions.

The plan is comprised of two parts: a comprehensive needs assessment and a strategic plan. The comprehensive needs assessment was completed earlier this year. Community input was gathered using a variety of methods. Two Town Hall meetings were conducted in a wide variety of languages including English, Spanish, Vietnamese, Mandarin, Cantonese, Tagalog, Punjabi, and sign language. Nearly 400 community members participated, giving input on the issues they felt were most important to older adults. A scientifically valid phone survey gathered detailed information from over 600 seniors throughout the county. Several focus groups were held to gather information on specific populations including caregivers, residential care facility residents, and the gay, lesbian, bisexual, and transgender community. Interviews were held with over 50 experts in the field of aging services to help identify needs, trends, and service gaps. Among the needs most pressing needs cited by seniors were Transportation, Housing, Medical/Dental Care, Nutrition, and the preservation of Senior Centers.

The second part is the Strategic Plan itself. After completing the needs assessment, the planning process began. An inventory of current aging services in the City of San José and the County of Santa Clara is being compiled. Agency funding trends are being evaluated. The goal is to identify both gaps in services and areas where services may be duplicated. The Strategic Plan Advisory Group will be holding several workshops with service providers to develop new ways of meeting the ever-growing needs of our aging population, and to identify methods of funding these solutions. The goal is to increase collaboration between aging service providers and to develop a plan for delivering aging services provided by the City, County, and non-profit agencies over the next 5 to 10 years.

Public meetings to review the final draft of the Aging Services Strategic Plan will be held in November 2004, and the final report will be issued in December 2004. Implementation of the strategies recommended in the plan will begin in January 2005. This historic document will be the foundation for what we all do in aging services for the next decade and beyond.



*Volunteers from the Berryessa Senior Program give input on the needs of older adults.*

### San José Senior Citizens Commission Members

Chandra Agrawal, Suren Amin, Don Blankenship, Marilou Cristina (Vice Chair), Connie Langford, Doreen Morgan, Fred Orillaneda, Michael Peck, Lori Prud'homme, Sue Sarbaugh, Ron Schwartz (Chair), John Tinsley, Elissa Young, Regina Zamba



## Alma Senior Center

136 West Alma Ave., San José 95110

Senior Center Phone: 408-275-1315

Senior Center Fax: 408-294-0478

Supervisor: Carolyn Johnson

Email: carolyn.johnson@sanjoseca.gov

Bus Lines: 82

Types of Programs: Senior programs, senior nutrition, and special events.

### Alma Senior Program

Alma Senior Program offers a detailed monthly activity listing all programs and services, including the nutrition menu. This information can be obtained by visiting the center. Please refer to page 8-9 for program descriptions and additional information regarding citywide aging services. Programs are designed for those age 50+ unless otherwise noted.

### Advisory Council

The Alma Senior Advisory Council meets monthly on the second Tuesday of the month at 10:30am. The Alma Advisory Council is currently looking for two new offices and members.

### Newcomers Orientation

New members to Alma are given a guided tour and an invitation to stay for lunch. For more information call 408-275-1315.



### Nutrition Program

Reservations are required. Please call 408-288-8758 at least one day, but not more than two weeks, in advance.

### Older Adult Resource Specialist

Free

Please make appointment by calling the Center.

### SALA (Senior Adult Legal Assistance)

Every Tuesday of the month, appointment are available from 10:30 am til 11pm.

### Weekly Schedule

Day	Class	Time
Monday	Exercise	10:45-11:45am
	Lunch	12pm
Tuesday	Beading	10am-12pm
	Billiards & Board Games	10:30-11:45am
	Guest Speaker	10:30-11:30am
	Case Management	10:30am-1pm
	Lunch	12pm
Wednesday	Brown Bag	8-10am
	Blood Pressure Check	10-11:30am
	Exercise	10:45-11:45am
	Lunch	12pm
	Line Dancing Lessons	1-3pm
Thursday	Billiards & Board Games	10:30-11:45am
	Birthday Celebrations	12pm
	Lunch	12pm
	Special Events, & Celebrations	12-3pm
Friday	Exercise	10:45-11:45am
	Lunch	12pm
	Bingo	1-3pm

### SPECIAL EVENTS

#### Mexican Independence Day

Thursday, September 16, 2004 – 12-3pm

#### Halloween Costume Party & Birthdays

Thursday, October 28, 2004 – 12-3pm

#### Thanksgiving Lunch & Birthdays

Thursday, November 23, 2004 – 12-3pm

Keep the Fall Activity Guide handy as a reference or recycle it by passing it along to a neighbor, friend or co-worker.





## Almaden Senior Center

P.O. Box 20726, San José 95120

Phone: 408-268-1133

Fax: 408-268-1072

Supervisor: Alberry-Hawkins

Email: alberry-hawkins@sanjoseca.gov

Bus Lines: TBA

Types of Programs: Senior programs, senior nutrition and special events.

*Due to the construction of the new Almaden Community Center/Library, Programs and services are relocating to the sites listed below. We will begin programs in Winter 2005 at the Almaden Winery, located at 5730 Chambertin Drive in January. We will continue to make every effort to relocate as many programs as possible. For specific program information please call 408-268-1133 or visit us at our website [www.sanjoseca.gov/prns](http://www.sanjoseca.gov/prns)*

### FACILITY LOCATIONS

Mathew Susanj Youth Center  
1088 Blossom Hill Road

The Spot Youth Center @ Bret Harte Middle School  
7050 Bret Harte Middle School

Kirk Community Center  
1601 Foxworthy Avenue

South Hills Community Church  
6601 Camden Avenue

Vineland Branch Library  
1450 Blossom Hill Road

### PROGRAMS

#### Memberships

Senior Program memberships are \$8.00. You'll receive a membership card. Membership entitles you to discounts at special events and entry to members-only events. Membership lasts for one calendar year. Sign up or renew now.

#### Notary Service

Notary Service is available at the center M-F. This is a free service for members (up to 3 signatures per year; additional signatures \$5.00 each). Cost for non-members is \$5.00 per signature. Seniors Only. **Please call ahead to make an appointment as the notary may not be available for drop ins.**

#### SALA (Senior Adult Legal Assistance)

Second Tuesday of each month 9:30-12:00 by Appointment Only SALA provides free legal advice, brief consultations and representation in a wide variety of matters to residents of Santa Clara County who are 60 years of age or older. Items covered by SALA include matters with social security, SSI, Support Services, Elder Abuse, Housing, Nursing Homes, Simple Wills and Durable Power of Attorney for Health Care.

#### Older Adult Resource Specialist

Our Older Adult Resource Specialist service can provide home assessments, develop care plans, arrange support services and can provide on-going monitoring for seniors with multiple needs. This service is available on Friday mornings. Please call 268-1133 to make an appointment.

#### HICAP (Health Insurance Counseling Advocacy Program)

HICAP is available free of charge to answer your questions regarding Medical, Medicare and supplemental insurance. Help is provided with completing claim forms. Long term care assistance is also available. Appointments are available the second Wednesday of each month. Call the office to sign up.

#### Grief Counseling

Grief counseling services available on a 1:1 and group basis. Call the office for more information.

#### 55 Alive Driving Classes

AARP 55 Alive driving classes are offered approximately 5 times each year. Class includes a refresher of driving skills. A certificate is provided upon completion of class which many insurance companies accept for a discount on rates. Cost for the class is \$10.00. Call the office to inquire about upcoming dates.

#### SeniorNet Learning Center of San José

SeniorNet's mission is to provide older adults education for and access to computer technology to enhance their lives and enable them to share their knowledge and wisdom. SeniorNet, a non-profit organization, teaches adults (age 50 plus) how to use computers and the Internet. Classes are designed for the very beginner to the intermediate student with offerings changing every eight weeks. For more information on current offerings call Don at 268-1703 or visit the SeniorNet website at [www.snlcsj.org/almaden](http://www.snlcsj.org/almaden)



## Weekly Schedule

Date	Class	Time
Monday	Morning Stretch***	8:45am
	Feldenkrais*	10am
	News and Views****	10am
	Pinochle**	11am
	Chinese Brush Painting*****	12:15pm
Tuesday	Quicksilver Walking****	8am
	Tai Chi*	8:30am
	Genealogy*****	9am
	Intermediate Bridge**	11am
	Spanish I*****	12pm
	Spanish II*****	2:15pm
Wednesday	Hikes for Health****	8:30am
	Morning Stretch***	8:45am
	Ceramics*	9:45am
	Lip Reading**	9am
	On Our Own**	10am
	Craft Class*	1pm
Thursday	Quicksilver Walking****	8am
	Golf****	9:30am
	Beginning Bridge Lessons**	9:30am
	Tap Dancing****	12:45pm
	Beginning Pinochle**	11am
	Preliminary Painting*****	12:30pm
Friday	Morning Stretch***	8:45am
	Feldenkrais*	10am
	Meditation****	10am
	Softball****	10am
	Crochet and Knitting**	10am
	Bridge and Game time**	12noon
Saturday	Quicksilver Walking****	8am
	Bowling****	

\* Located at Mathew Susanj Youth Center, 1088 Blossom Hill Road

\*\* Located at The Spot Youth Center, 7050 Bret Harte Drive

\*\*\* Located at Vineland Branch Library, 1450 Blossom Hill Road

\*\*\*\* Call 268-1133 for class location

\*\*\*\*\* Located at Erickson Elemanetary, 4849 Pearl Ave.



## SPECIAL EVENTS

### Mooncake Festival

**Wednesday September 15, 2004 – 12pm**

Each year on the 15th day of the 8th month the Chinese celebrate what is outside. This is the biggest event of the year. It is a time of reunions where families feast and snack on mooncakes. Mooncakes occupy a special place in Chinese hearts based on the legend of 14th-century rebels. In their revolt to overthrow the tyrannical Yuan Dynasty, the rebels communicated by embedding messages in mooncakes and smuggling them to their allies. Join us as we learn more about this celebration with great food in the company of good friends.

### Diwali Celebration

**Tuesday October 26, 2004 – 12pm**

Diwali is perhaps the most well-known of the Indian festivals: It is celebrated throughout India, as well as in Indian communities throughout the world. It is also known as the "festival of lights", for the common practice is to light small oil lamps (called diyas) and place them around the home, in courtyards, verandahs, and gardens, as well as on roof-tops and outer walls. This festival is celebrated on a grand scale in almost all the regions of India and is looked upon mainly as the beginning of New Year. All are welcome to join us for this new to Almaden experience which will include Indian Food, Music and Dance.

### Community Thanksgiving Dinner

**Friday November 19, 2004 – 12pm**

We all have something to be thankful for, regardless of our situations. At our annual Almaden Thanksgiving Luncheon, we are reminded to remember those things while we celebrate them with a traditional Thanksgiving feast and the company of each other.

### Holiday Luncheon

**Friday December 17, 2004 – 12pm**

No matter what traditions you celebrate, the holiday time is a very special time of the year for most people. At Almaden we treasure this time of year and use it as an opportunity to come together as a community to enjoy a delicious meal and the wonderful company of each other. The afternoon also includes entertainment and prize drawings.



## Berryessa Senior Programs

3050 Berryessa Rd., San José 95132

Phone: 408-251-6392

Fax: 408-251-7687

Supervisor: Traci Tokunaga

Email: traci.tokunaga@sanjoseca.gov

Bus Line: 64

**Types of Programs:** Senior programs, senior nutrition and special events.

### Berryessa Senior Program

Berryessa Senior Program offers a detailed monthly activity listing all programs and services, including the nutrition menu. This information can be obtained by visiting the center. Please refer to page 8-9 for program descriptions and additional information regarding citywide aging services. Programs are designed for those age 50+ unless otherwise noted.

### Adult Education

Classes are offered at Berryessa.

### Advisory Council

The Senior Advisory Council meets the 2nd Monday of every month at 1pm to plan upcoming events and activities.

### Bingo

Bingo is offered 1st, 3rd and 5th Thursday from 1-4pm.

### Nutrition Program

Reservations are required. Please call 408-251-4581 at least one day in advance but not more than two weeks.



### Senior Services

The Center offers services such as SALA, HICAP, tax assistance, Parkinson's support group, book exchange, video library, care advocate and more. For some services, an appointment is needed. Please call 408-251-6392 for more information.

### Weekly Schedule

Date	Class	Time
Monday	English as a Second Language	8:45am
	Body Conditioning	10am
	Resource Specialist	11am
	Calligraphy	1pm
Tuesday	Yuan Chi Dance	8:30am
	English as a Second Language	8:45am
	Sewing w/ Friends Club	12:30pm
	Hair Cuts	12:30pm
	Physical Fitness	4pm
Wednesday	English as a Second Language	8:45am
	California History	12:45pm
	Tai Chi Chih	2pm
Thursday	English as a Second Language	8:45am
	Self Aerobics	9am
	Chinese Calligraphy	10am
	Bridge Club	12:30pm
	Bingo	1pm
	Chinese Brush Painting	1pm
	Details Painting	3pm
Friday	Tai Chi Chuan	9am
	Chinese Club	9am
	Watercolors	10am
	Pinochle	12:30pm
	Mixed Media	1pm
	Physical Fitness	4pm

### SPECIAL EVENTS

#### Luau

Saturday, October 16 • 5pm

Enjoy an evening of great food, music and dancing.

#### Holiday Boutique

Saturday, November 20 • 10am - 5pm

Sunday, November 21 • 11am - 4pm

Get ready for the holidays with wonderful original, hand-made gifts that you can purchase at our boutique. Over 50 vendors, great food and a wonderful holiday environment will get you in the mood for shopping. Get your picture taken with Santa too!



## Cypress Senior Center

403 S. Cypress, San José 95117

Phone: 408-244-1353

Fax: 408-249-9460

Supervisor: Mary O'Meara

Email: mary.o'meara@sanjoseca.gov

Bus Lines: 23

**Types of Programs:** Fee classes, rental, senior programs, senior nutrition, and special events.

**Programs are designed for those age 50+ unless otherwise noted.**

Cypress Senior Center offers a detailed monthly activity listing all programs and services, including the nutrition menu. This information can be obtained by visiting the center. Please refer to page 8-9 for program descriptions and additional information regarding citywide aging services. Programs are designed for those age 50+ unless otherwise noted.

### Adult Education

The Center offers a wide variety of Adult Education Classes geared towards seniors. Most classes are free or low cost. Pick up an Adult Education class guide at the Center. The semester typically runs from early January to June.

### Advisory Council

The Cypress Senior Advisory Council meets bimonthly on the third Tuesday of each month at 10am.

### Health Insurance Counseling Free

Trained volunteers from HICAP are at the Center the second and fourth Thursday of each month. Please make an appointment by calling the Center.

### Newcomer's Orientation

Newcomer's Orientation is held the second Wednesday of each month at 10:30am.

### Nutrition Program

Reservations are required. Please call 408-244-1353 at least one day in advance but not more than two weeks in advance.

### Older Adult Resource Specialist Free

The Older Adult Resource Specialist holds office hours at Cypress Senior Center every first and third Thursday of each month from 10am-1pm. Please make an appointment by calling the Center.

### Senior Adult Legal Assistance Free

SALA is at the Center the first Tuesday of each month from 9:30-11:30am. Please make an appointment by calling the Center.

### SeniorNet Learning Center of San José

Call the Center at 408/244-1353 for information and registration dates.

### Vial of Life Free

Pick up a free Vial of Life kit in the Center's office.

### Weekly Schedule

Day	Class	Time
Monday	Stamp Collecting	9am
	Country Line Dance (8 wks)	9-10:30am
	Video Exercise	9-10am
	Party Bridge	12:30-4pm
	Mah Jong	12:30-4pm
	Scrabble	12:30-4pm
	Feldenkrais	1:15-2:45pm
	Drop-in Bridge *	1-4pm
	Tai Chi	1:30pm
Tuesday	Walking Group	9-10am
	Cypress Seranders	9:30am
	Korean Dancing	1-3pm
	Video Movies	1-3pm
	Ballroom Dancing	1:15-3:15pm
	Chinese Social Group	12:30-4pm
	Memoir Writing Drop-In	12:45-3:15pm
Wednesday	Square Dance	1:15-3:15pm
	Video Exercise	9-10am
	Peninsula Ctr for Blind (3rd Wed)	9:30am
	Deaf Club (1st & 3rd Wed.)**	10am
Thursday	Bridge***	12noon
	Stamp Collecting	10am
	Haircuts	12-2pm
	Handwork for Others	1pm
	Stitchery	1pm
Friday	Bingo*	1pm
	Walking Group	9-10am
	Poker	9:45am
	Duplicate Bridge****	10am
	Bridge*****	12noon
	Pinochle	1pm

\*(Call Joe Jochem at 408-248-5449)

\*\* (Call TTD# 408-246-5298 to contact group)

\*\*\* (Call Duane Zampedri at 408-246-9794)

\*\*\*\* (Call Betty Ware at 408-725-1213)

\*\*\*\*\* (Call Jerry Vaughn at 408-985-2708)

### Bingo

Bingo is completely run by volunteers and we're always looking for additional help.



**Country Line Dance****8/weeks \$14**

Come kick up your heels and have some fun. The class is eight weeks long. A great way to exercise.

Day	Date	Time	Age	Loc.
M		9-10:30 am	50+	CY

**Haircuts****Free**

Yuli Tan volunteers to cut hair for both men and women on Thursdays, 12noon-2pm. Appointments for Seniors only. Call the Center Office. Please shampoo your hair before the appt. Tips are welcome.

**Notary Service****\$3/Signature**

Held the third Wednesday of the month, 1-2pm, by appointment only. Ida Denton. Call the Center for an appointment.

**Square Dancing****4/weeks \$12; 5/weeks \$14**

Sign up in the Center Office. Class fees are monthly.

Day	Date	Time	Age	Loc.
W		1:15-3:15pm	40+	CY

**SPECIAL EVENTS****Halloween Party****\$2/Sug. Donation**

Get into the Halloween spirit with a costume contest and games. We'll have a "spooktacular" lunch. Make meal reservations in the Nutrition Program.

Day	Date	Time	Age	Loc.
F	10/29	11:15am	60+	CY

**Holiday Dinner****\$2/Sug. Donation**

Don't miss the seasonal entertainment, followed by a delicious meal. Make meal reservations in the Nutrition Program.

Day	Date	Time	Age	Loc.
F	12/17	11:15am	60+	CY

**Line Dance Social****\$4**

Join Bev for another fun morning of country music, dancing, and fun! Sign up at the Center Office.

Day	Date	Time	Age	Loc.
F	10/22	9am	60+	CY

**Thanksgiving Dinner****\$2/Sug. Donation**

Special entertainment will be followed by a delicious Thanksgiving meal with all the traditional trimmings. Make meal reservations in the Nutrition Program.

Day	Date	Time	Age	Loc.
F	11/19	11am	60+	CY

**Evergreen Senior Center****4860 San Felipe Rd., San José 95135****Phone:** 408-270-2220**Fax:** 408-223-6063**Supervisor:** TBA**Email:** rhonda.vargas@sanjoseca.gov**Bus Lines:** 31

**Types of Programs:** Senior programs, senior nutrition and special events.

**Evergreen Senior Program**

Evergreen Senior Program offers a detailed monthly activity listing all programs and services, including the nutrition menu. This information can be obtained by visiting the center. Please refer to page 6-7 for program descriptions and additional information regarding citywide aging services. Programs are designed for those age 50+ unless otherwise noted.

**Adult Education**

The Center offers a wide variety of Adult Education Classes geared towards seniors. Most classes are free or low cost. Pick up an Adult Education class guide at the Center. The Fall Semester typically runs from early September to mid-December while the Spring semester runs from mid-January to early June.

**Advisory Council**

The Evergreen Senior Advisory Council meets monthly on the third Tuesday of the month at 9:30am.

*Senior Center continues next page*





## Evergreen Senior Center (con't)

**Bingo** **\$5-\$10**  
Bingo is offered every Tuesday from 1:15- 3:30pm. Bingo is completely run by volunteers and we are always looking for additional help.

### HICAP

Trained volunteers provide counseling services by appointments on second Thursday of the month. For appointments, call 408-270-2220.

### Newcomers Orientation

Please call the Evergreen Senior Nutrition Program 408-270-1244. Newcomers Orientation is scheduled by reservation the second Monday of each month at 10:45am.

### Nutrition Program

Reservations are required. Please call 408-270-1244 at least one day in advance but not more than two weeks.

### SALA

Appointments are offered the third Friday of each month at Evergreen. For appointments, call 408-270-2220.

### Blood Pressure Screening

1st Friday of the month  
10am - 12pm

## SPECIAL EVENTS

### End of Summer Party – Hawaii Style

Friday, August 20 • 11:30am-1 pm

### Western Party

September 24 • 11:30am-1pm

### Halloween Party

Friday, October 29 • 11:30am-1pm

### Thanksgiving Lunch at Nutrition

Wednesday, November 24 • 11:30am-12:30pm

### Holiday Breakfast for Members

Saturday, December 18 • 10am

### Holiday Lunch at Nutrition

Wednesday, December 22 • 11:30am-12:30pm

## Gardner Senior Center

**520 W. Virginia St., San José 95125**

**Phone:** 408-277-4761

**FAX:** 408-277-4640

**Supervisor:** Tony Torres

**Email:** tony.torres@sanjoseca.gov

**Bus Lines:** 64 and Light Rail

**Types of Programs:** Senior nutrition.

### Gardner Senior Program

Gardner Senior Program offers a detailed monthly activity listing all programs and services, including the nutrition menu. This information can be obtained by visiting the center. Please refer to page 8-9 for program descriptions and additional information regarding citywide aging services. Programs are designed for those age 50+ unless otherwise noted.

### Nutrition Program

Reservations are required. Please call (408) 279-1498 at least one day in advance to reserve your meal.

### Senior Nutrition Committee Meeting

**Held on the fourth Thursday of the month**

The purpose of the senior nutrition committee meeting is to allow the senior participants of the program to work together with the staff to provide a quality senior nutrition program.

### Daily Transportation

The Gardner Senior Program offers free van service to participants that live within a three-mile radius of the center. We require that you call 279-1498 one day in advance in order to be added to the transportation pick up list.

### Older Adult Resource Specialist

Every Wednesday of the month 10:30am-12:30pm

### Weekly Schedule

Date	Class	Time
Monday	Loteria	12:30-2pm
Tuesday	Bingo	12:30-2:30pm
Wednesday	Free Sewing/Crochet class	10:30am-2pm
Thursday	Free Exercise Class	11-11:45am
Friday	Free Drop-in Ceramics	9am-12pm

### Newcomers Orientation

Please call the Gardner Senior Program office to reserve a seat just for you.



## Hank Lopez Senior Program

1694 Adrian Way, San José 95122

Phone: 408-251-2850

Fax: 408-923-5215

Supervisor: Angie T. Alfaro

Email: [angie.alfaro@sanjoseca.gov](mailto:angie.alfaro@sanjoseca.gov)

Bus Lines: 70

Types of Programs: Senior programs, senior nutrition.

### Hank Lopez Senior Program

Hank Lopez Senior Program offers a detailed monthly activity listing all programs and services, including the nutrition menu. This information can be obtained by visiting the center. Please refer to page 8-9 for program descriptions and additional information regarding citywide aging services. Programs are designed for those age 50+ unless otherwise noted.

### Adult Education

The Center offers a wide variety of Adult Education Classes geared towards seniors. Most classes are free or low cost. Pick up an Adult Education class guide at the Center. The Fall Semester typically runs from early September to mid-December while the Spring semester runs from mid-January to May.

### Advisory Council

The Hank Lopez Senior Advisory Council meets monthly on the first Wednesday of the month at 11am.

### Bingo

Bingo is offered every Thursday from 1:30-3:30pm. Bingo is completely run by volunteers and we are always looking for additional help.

### Mexican Folkloric Dance Class

Come join the fun in this exciting new class at Hank Lopez! This is a great way to exercise while learning a new form of dance. Class is instructed by Theresa Rodriguez, who is experienced in teaching Folkloric dance to youth. Theresa is excited about bringing this class to Hank Lopez with prospect of organizing a dance routine for the center's annual Mexican Independence Day Celebration in September.

### Nutrition Program

Reservations are required. Call 408-926-3895 at least one day in advance, but not more than two weeks.

### Older Adult Resource Specialist Program Free

The Older Adult resource Specialist holds office hours at Hank Lopez Senior Program every Thursday of the month from 11am to 1pm. Please make an appointment by calling the Center.

### Weekly Schedule

Day	Class	Time
Monday	Video Exercise	10:15-11am
Tuesday	Loteria (Mexican Bingo)	12:30-1:30pm
	Mexican Folkloric Dance	10:30-11:30am
Wednesday	Ceramics	9-11am
	Transition to Retirement	10-11am
	Stroke Support Group (3rd Wed. of the month only)	12:30-1:30pm
Thursday	Mexican Folkloric Dance	10:30-11:30am
	Bingo	1:30-3:30pm
Friday	Video Exercise	10:15-11am
	Country Western Line Dance	1-3pm

*Hank Lopez Senior Program continues on next page*

*"Si necesita asistencia para traducir el Guía de Actividades del Departamento de Parques Recreación y Servicios a la Comunidad de la Ciudad de San José, por favor comuníquese con la línea de información de la Ciudad de San José al (408) 277-4000."*

**Would you like the Citywide Activity Guide mailed to your home?**

The subscription fee for 1-year delivery is \$10. Sign up on the registration form.





## Hank Lopez Senior Program (con't)

### SPECIAL EVENTS

#### Halloween Dance \$2 Mem/\$3 Non-mem

Come join the fun in our annual Monster bash! Prizes will be awarded for the most original and creative costumes.

Day	Date	Time	Age	Loc.
W	10/27	1-3pm	60+	HL

#### Community Thanksgiving Dinner Free

Come share a Thanksgiving feast with all the trimmings at our annual Thanksgiving dinner for the community. This annual meal is co-sponsored by the Hank Lopez Senior Advisory Council and the Moose Lodge #401 of San Jose.

Day	Date	Time	Age	Loc.
W	11/17	3-5:30pm	ALL	HL

#### Breakfast with Santa Free

Ho Ho Ho! Celebrate the holidays with us and enjoy a free pancake breakfast and visit from Santa. Sponsored by the Hank Lopez Advisory Council this is a special annual event that brings the entire community together. Everyone is welcome.

Day	Date	Time	Age	Loc.
S	12/11	9-11am	ALL	HL

#### Holiday Dance

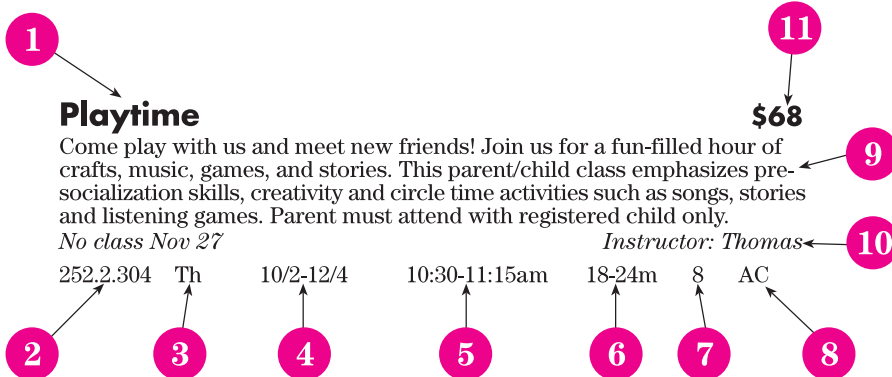
\$2 Mem/\$3 Non-Mem

Celebrate the warmth of the holiday season with your friends at Hank Lopez. Share in the spirit of the holidays and enjoy a special meal and dance.

Day	Date	Time	Age	Loc.
W	12/22	1-3 pm	60+	HL



# How to Read the Activity Guide



- Community Centers Citywide are represented throughout the guide in alphabetical order.
- Quick summary of classes offered at community centers are listed in the Class Matrix starting on page 2.
- Registration instructions are on page 159, and policies are listed on page 5.
- For more information or for assistance, call the community center nearest you!

### Legend

1. Class/Program Name
2. Course Number (if applicable)
3. Class/Program Day(s)
4. Session Dates (beginning & end dates)
5. Class Time
6. Minimum/Maximum Age Requirements
7. Number of Class Sessions/Meetings
8. Class Location (abbrev.) (usually the community center)  
**See map on page 80-81 for specific locations.**
9. Class Description (features class information, additional costs, class requirements, closure dates)
10. Instructor/Vendor
11. Class Cost





## Iola Williams Senior Program

2072 Lucretia Ave., San José 95122

**Phone:** 408-292-6592

**Fax:** 408-277-3710

**Supervisor:** Carolyn Johnson

**Email:** carolyn.johnson@sanjoseca.gov

**Bus Lines:** 72 and 26

**Types of Programs:** Senior programs, senior nutrition and special events.

Iola Williams Senior Program offers a detailed monthly activity listing all programs and services, including the nutrition menu. This information can be obtained by visiting the center. Please refer to page 8-9 for program descriptions and additional information regarding citywide aging services. Programs are designed for those age 50+ unless otherwise noted.

### Adult Education

The Center offers a wide variety of Adult Education Classes geared towards seniors. Most classes are free or low cost. Pick up an Adult Education class guide at the Center. The Fall Semester typically runs from early September to mid-December while the Spring semester runs from mid-January to June.

### Advisory Council

The Iola Williams Senior Advisory Council meets monthly on the third Monday of the month at 10am.

### Bingo

There are free snacks, door prizes and special games. Bingo is completely run by volunteers and we're always looking for additional help.

### Nutrition Program

Reservations are required. Please call 408-292-6592 at least one day in advance but not more than two weeks.

### Memberships

Senior Program memberships are \$8.00. You'll receive a membership card which entitles you to discounts at special events and entry to members-only events. Membership lasts for one calendar year. Sign up or renew now.

### Senior Adult Legal Assistance

**Free**

SALA is at the Center on the third Monday of the month from 10:30am to 12:30pm. Please make an appointment by calling the center.

### Weekly Schedule

Day	Class	Time
Monday	Drop-in Tai Chi	9am-10pm
	Drop-in Sewing	9am-12pm
	Drop-in Mahjong	9am-4pm
	Drop-in Cards, Dominoes, Pinochle	9am-4pm
	Lunch	12pm
	Memory Writing and Storytelling	12:30-2:30pm
Tuesday	Drop-in Cards, Dominoes, Pinochle	9am-4pm
	Drop-in Mahjong	9am-4pm
	Body Conditioning	10am-12pm
	Chinese Brush Painting	10am-12pm
	Lunch	12pm
	Clay Creations	12:30-3pm
Wednesday	Yuang Chin Dance	9-10am
	Drop-in Mahjong	9am-4pm
	Drop-in Cards, Dominoes, Pinochle	9am-4pm
	ESL, Social Worker	10am-12pm
	Lunch	12pm
	Social Dance, Line Dance	1-3pm
Thursday	Calligraphy	2-4pm
	Drop-in Mahjong	9am-4pm
	Drop-in Cards, Dominoes, Pinochle	9am-4pm
	Bakery Donation Distribution	9am-4pm
	Watercolor	10am-12pm
	Body Conditioning	10am-12pm
Friday	Lunch	12pm
	Brown Bag	9-11am
	Drop-in Mahjong	9am-4pm
	Drop-in Cards, Dominoes, Pinochle	9am-4pm
	Yuang Chin Dance	9-10am
	ESL, Social Worker	10am-12pm
	Lunch	11:45am
	Chinese Karaoke	12-2:30pm
	Pay Bingo	12:30-3pm

### SPECIAL EVENTS

#### Fall Fashion Show

October 21 • 11am-12pm

#### Holiday Gift Program for Needy Families

November 18 • 11am-2pm

#### Christmas Dinner Dance

December 17 • 6-9pm



## Kirk Senior Program

1601 Foxworthy Avenue, Room 18  
San José 95118

**Phone:** 408-269-0214

**Fax:** 408-269-0632

**Supervisor:** Gerard Manuel

**Email:** gerard.manuel@sanjoseca.gov

**Bus Lines:** 63

**Types of Programs:** Senior programs, senior nutrition and special events.

Kirk Senior Program offers a detailed monthly activity listing all programs and services, including the nutrition menu. This information can be obtained by visiting the center. Please refer to page 8-9 for program descriptions and additional information regarding citywide aging services. Programs are designed for those age 50+ unless otherwise noted.

**Senior Office Phone: 408-269-0214**

### Adult Education

The Center offers a wide variety of Adult Education Classes geared towards seniors. Most classes are free or low cost. Pick up an Adult Education class guide at the Center. The Fall Semester typically runs from early September to mid-December while the Spring semester runs from mid-January to May. We will be holding Summer classes.

### Advisory Council

The Kirk Senior Advisory Council meets monthly on the first Tuesday of the month at 9:30 am.

### Nutrition Program

Reservations are required. Please call 408-448-9591 at least one day in advance but not more than two weeks.

### Senior Services

These basic services are free for Seniors. Some by appointment only. Call center for more information.

- SALA (Senior Adult Legal Assistance)
- HICAP (Health Insurance Counseling Advocacy Program)
- Free Blood Pressure Checks
- Free Haircuts
- Book / Video Library
- Older Adult Counselor

### Trips

Kirk offers a variety of day and over night travel opportunities.

### Weekly Schedule

Day	Activity	Time
Monday	Aerobics	8-9am
	Drop-In Bridge	9-11am
	Blood Pressure (2nd & 4th)	9:15-11:15am
	Tai Chi	9:15-11:15am
	Older Adult Counselor (1st & 3rd Mon.)	10-11:30am
	Lunch	12pm
	Duplicate Bridge	12:30pm
	Table Tennis (Houge Park)	1pm
	Ballroom Dancing	2:30-4pm
Tuesday	Aerobics	8-9am
	Aerobics	9-10am
	Duplicate Bridge	9:15-11:15am
	Advisory Council Mtg. (1st)	9:30-11am
	HICAP (3rd)	9:30-11am
	SALA (4th)	9:30-11:30am
	Table Tennis (Houge Park)	9:30am
	Line Dancing	10:15am
	Lunch	12pm
Wednesday	Duplicate Bridge	12:30-4pm
	Cribbage	1-3pm
	Feldenkrais	1:30-2:30pm
	Photography	2:30-4:30pm
	Drop-In Bridge	9am
	Practice Bridge	9-11am
	Quilting	9am-12pm
	Needlework	9-11:30am
	Lunch	12pm
Thursday	Genealogy	1:30-4pm
	Music Appreciation	2:30-4:30pm
	Aerobics	8-9am
	Aerobics	9-10am
	American Literature	9:15-11:30am
	Creative Writing	9:30-11:30am
	Computer Class	9:30-11:30am
	Free Haircuts	10am-12pm
	Tap Practice	10:15-11:15am
Friday	Lunch	12pm
	Kirk Silver Singles Club (2nd & 4th)	12-2pm
	Duplicate Bridge	12:30-4pm
	Computer Class	1-3pm
	Painting	9am-12pm
	Drop-In Bridge	9am-3pm
	Computer Class	9:30-11:30am
	Table Tennis (Houge Park)	9:30am
	Mah Jongg	1-3pm
	Computer Class	1-3pm
	Duplicate Bridge (1st)	7-10pm
	Video Club (1st)	7-10pm

*Kirk program cont. on next page*



## SPECIAL EVENTS

### September Pizza in the Park

Friday, September 17

### October Luncheon

Friday, October 15

### November Luncheon

Friday, November 19



*What are the three core services provided by the City of San José, Parks, Recreation and Neighborhood Services?*

### *Neighborhood Livability Services*

Support community residents, schools and neighborhood organizations to make their neighborhoods more livable, provide and maintain open space and neighborhood parks.

### *Life Enjoyment Services*

Provide opportunities for City residents to play, learn, socialize and receive supportive assistance to live healthy and enriched lifestyles.

### *Community Strengthening Services*

Provide services that enable individuals and groups to exercise power and influence over their own lives and communities.

## St. James Senior Center

199 N. Third St., San José 95112

Phone: 408-277-4194

Fax: 408-277-4175

Supervisor: Carolyn Mosby

Email: carolyn.mosby@sanjoseca.gov

Bus Lines: 22, 23, 64, 66, 72, 73, 82, 180, 304, and  
Light Rail - St. James Station

**Types of Programs:** Rental, senior programs, senior nutrition, and special events.

**Programs are designed for those age 50+ unless otherwise noted.**

St. James Senior Center offers a detailed monthly activity listing all programs and services, including the nutrition menu. This information can be obtained by visiting the center. Please refer to page 8-9 for program descriptions and additional information regarding citywide aging services. Programs are designed for those age 50+ unless otherwise noted.

### Advisory Council

The St James Senior Advisory Council meets monthly on the second Monday of the month at 1:00pm.

### Nutrition Program

Reservations are required. Please call 408-297-3338 at least one day in advance.

### Senior Adult Legal Assistance

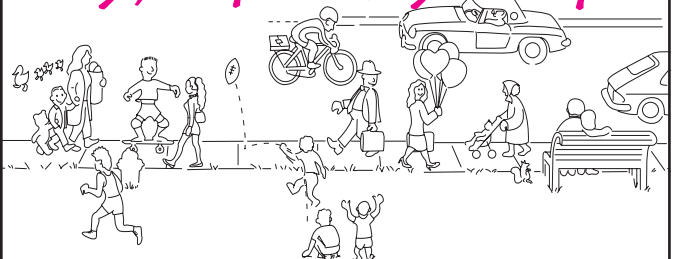
**Free**

SALA is at the Center the first and third Friday of each month from 9:30 to 11:30am. Please make an appointment by calling the Center.

*St. James Senior Center continues on next page*

### *Parks, Recreation and Neighborhood Services Vision*

*Communities of People  
connected by  
Play, Hope & Joy in Life.*





## Weekly Schedule

Include: table tennis, TV room, library, computer lab, billiards, daily dances, Chinese chess, Mah Jong, and dominos.

Day	Activity	Time
Monday	Billiards	9am-12pm
	TV/coffee Lounge	9am-12pm
	Chinese Chess/Mah Jong	9am-12pm
	Computer Lab	9am-12pm
	Chinese Opera	9am-12pm
	Citizenship for Chinese	
	Speakers-Self Help	9am-12pm
	Social Worker-Self Help	9am-12pm
	Jam Band	10:30am-12pm
	Social Dance Lessons	10:30am-12pm
	Haircuts	9am-12pm
	Lunch	12pm
	Table Tennis	12-4pm
	Chinese Hosted Social Dance	1-3pm
	Chinese Folk Performers Practice	1-3pm
	Billiards	12-4pm
	TV/coffee Lounge	12-4pm
	Computer Lab	12-4pm
	Chinese Opera	12-4pm
	Social Worker-Self Help	12-1pm
	Chinese Chess/Mah Jong	12-4pm
Tuesday	Billiards	9am-12pm
	TV/coffee lounge	9am-12pm
	Chinese Chess/Mah Jong	9am-12pm
	Chinese Opera	9am-12pm
	St. James Chinese Choir	9-11:30 am
	Table Tennis	9am-12pm
	Bridge	9am-12pm
	Computer Lab	9am-12pm
	Boppin' with Buddy	12:30-1:30pm
	Lunch	12pm
	Table Tennis	12-4pm
	Billiards	12-4pm
	TV/coffee Lounge	12-4pm
	Computer Lab	12-4pm
	Chinese Chess/Mah Jong	12-4pm
	International Social Dance	1- 3pm
	Bridge	12-4pm
	Bridge	12-4pm
Wednesday	Billiards	9am-12pm
	TV/coffee Lounge	9am-12pm
	Computer Lab	9am-12pm
	Chinese Opera	9am-12pm
	Table Tennis	9am-12pm
	Haircuts	9am-12pm
	Chinese Chess/Mah Jong	9am-12pm
	Tai Chi	9-10am

Wednesday	Yue Chi Dance	10-11am
	Lunch	12pm
	Billiards	12-4pm
	TV/coffee Lounge	12-4pm
	Computer Lab	12-4pm
	Chinese Chess/Mah Jong	12:00-4pm
	Chinese Opera	12-4pm
	Table Tennis	12-4pm
Thursday	Center Hosted Dance	1-3pm
	Billiards	9am-12pm
	TV/coffee Lounge	9am-12pm
	Computer Lab	9am-12pm
	Chinese Chess/Mah Jong	9am-12pm
	Haircuts	9am-12pm
	ESL for Chinese Speakers	9-11:30am
	Chinese folk performers practices	10-11:30am
	Billiards	12-4pm
	TV/Coffee Lounge	12-4pm
	Computer Lab	12-4pm
	Chinese Chess/Mah Jong	12-4pm
	Vietnamese Hosted Dance	1-3pm
	Karaoke	12:30-3pm
	Sword Dance	1-2pm
	Jazzercise	2-4pm
Friday	Billiards	9am-12pm
	TV/coffee Lounge	9am-12pm
	Computer Lab	9am-12pm
	Chinese Chess/Mah Jong	9am-12pm
	Bridge	9am-12pm
	Table Tennis	9am-12pm
	Vietnamese Club meeting	10-11am
	Chinese Choir	10-11:30am
	Billiards	12-4pm
	TV/coffee Lounge	12-4pm
	Computer Lab	12-4pm
	Chinese Chess/Mah Jong	12-4pm
Saturday	Bridge	12-4pm
	Table Tennis	12-4pm
	Chinese Hosted Dance	1-3pm
	Yuan Chi Kung	10-11am
	Table Tennis	10am-2pm
	TV/coffee Lounge	10am-2 pm
	Haircuts	10am-2pm
	Lunch	11:30am
	Vietnamese Hosted Dance	11:30am-2pm

## SENIOR SPECIAL EVENTS

**Flea Market** **spaces \$10**  
**September 25, October 23, November 27**  
 Outside weather permitting. You can sell or find Bargains.





### St. James Senior Center

199 N. Third St., San Jose 95112.

Số phone: 408-277-4194

Số fax: 408-277-4175

Giám đốc trung tâm: Carolyn Mosby

Điện thư: Carolyn.mosby@sanjoseca.gov

Đường xe buýt: 22, 23, 64, 66, 72, 73, 82, 180, 304, và xe điện – St. James Station

Các loại chương trình: lớp học lệ phí, thuê mướn, chương trình cho quý vị cao niên, chương trình dinh dưỡng, và những sự kiện quan trọng  
Chương trình dành cho những quý vị trên 50 tuổi trừ khi có ghi chú khác.

Trung tâm St. James Senior công hiến một danh sách hướng dẫn chi tiết cho những chương trình sinh hoạt hàng tháng và những dịch vụ và bao gồm cả thực đơn dinh dưỡng. Quý vị có thể ghé qua văn phòng của trung tâm để lấy chương trình hướng dẫn này.

#### Chương trình dinh dưỡng

Chương trình dinh dưỡng phục vụ những bữa ăn đầy hương vị và bổ dưỡng cho quý vị cao niên trên 60 tuổi. Đây là cơ hội tốt để hoà mình với bạn và gia đình người thân và nhất là gặp được bạn mới. Buổi trưa được phục vụ từ thứ Hai đến thứ Sáu lúc 12:00 trưa và thứ Bảy lúc 11:30 – vui lòng xem bản hướng dẫn chi tiết những sinh hoạt hàng tháng trong phần thực đơn hàng ngày. Lệ phí ủng hộ cho quý vị cao niên trên 60 tuổi là \$2.00 và lệ phí cho khách dưới 60t là \$5.00.

Chú ý: Sự đặt chỗ trước không cần thiết, nhưng xin quý vị ghi danh nửa giờ trước giờ trưa.

#### Hội đồng cố vấn

Hội đồng cố vấn là một nhóm tình nguyện viên có trách nhiệm góp ý những chương trình và vấn đề tới những nhân viên của trung tâm. Nếu quý vị có những ý kiến để cải tiến chương trình và dịch vụ của trung tâm, làm ơn tham dự vào buổi họp mỗi tháng của hội đồng cố vấn St. James vào ngày thứ Hai của tuần thứ hai trong tháng lúc 1:00 trưa.

#### Dịch vụ cố vấn luật pháp (SALA)

Đây là dịch vụ miễn phí cho quý vị cao niên 60 tuổi hay hơn mà là thường trú nhân ở địa hạt Santa Clara. Nửa giờ tham khảo những vấn đề An Sinh Xã Hội, tiền tàn tật, Medicare, Medi-Cal, dịch vụ giúp đỡ nhà ở, sự lạm dụng người lớn tuổi, housing, và bảo hiểm sức khoẻ dài hạn. SALA phục vụ quý vị thứ Sáu của tuần lễ đầu và tuần lễ thứ ba mỗi tháng từ 9:30 tới 11:30. Quý vị vui lòng làm hẹn trước với trung tâm.

#### Vé xe bus

Giá xe bus cho mỗi tháng dành cho quý vị cao niên 65 tuổi và hơn hay tàn tật giá \$17.50. Quý vị sẽ nhận được con tem dán vào thẻ VTA của quý vị.

#### Vé xe BART

Vé xe BART là \$4 so với giá \$16. Vé dành cho các quý vị 65 tuổi hay hơn.

#### Cắt tóc (miễn phí)

Vào những ngày thứ Hai, Tư, Năm và thứ Bảy.

#### Sinh hoạt giải trí (miễn phí)

Chương trình trình diễn đồng ca của St. James vào thứ Ba ngày 6 tháng 4 năm 2004 lúc 11:30 tại phòng dinh dưỡng.

#### Chợ trời

Tiền chỗ \$10, vào những ngày:

Thứ Bảy 26/6/04 từ 9:00 – 2:00 chiều

Thứ Bảy 24/7/04 từ 9:00 – 2:00 chiều

Thứ Bảy 28/8/04 từ 9:00 – 2:00 chiều

Thời tiết ngoài cho phép. Quý vị có thể bán hay mua những hàng hóa theo sự trả giá.

#### Lễ kỷ niệm lá cờ Mỹ (miễn phí)

Vào thứ Hai ngày 14 tháng 6 năm 2004 lúc 12:00 trưa tại phòng ăn dinh dưỡng. Buổi lễ sẽ có nhạc.

#### Father's Day (miễn phí)

Quý vị có thể đến tham dự vào thứ Sáu ngày 18 tháng 6 năm 2004 lúc 12:00 trưa tại phòng ăn dinh dưỡng. Sẽ có bánh cake và cà phê.

#### Sinh hoạt hàng ngày khác (miễn phí)

Gồm ping pong, tivi, thư viện, khiêu vũ, cờ Trung Hoa và Ma Chược.





## St. James 老年中心

199 N Third St. San Jose 95112

电话: 408-277-4194

Fax: 408-277-4175

中心主任: Carolyn Mosby

Email: Carolyn.mosby@sanjoseca.gov

公车路线: 22、23、64、66、72、73、82、  
180、304和轻铁St.James站

项目类型: 老年活动、老年营养、租赁等

活动对象: 50岁以上成人和老人。

St.James 老年中心每月都会提供当月的包括午餐菜单在内的全部活动指南(英文、中文、越文), 这份月报你可以在中心办公室拿取。

### 老年营养项目

该项目为60岁以上的老人提供可口并有营养的热午餐, 这是一个增加社会交往的极好机会, 你可以在这里认识许多新朋友。

午餐服务时间每周一到周五是中午12点, 每周六是11点半。每天的菜单请看当月的月报。

60岁以上的老人建议每餐捐赠2元, 60岁以下的顾客建议捐赠5元。

请注意: 用餐无须预定, 但请你在用餐前提早一个半小时来此登记。

### 咨询会议

咨询会议是一个义务组织, 他们的责任是对中心的各项活动提出意见和建议。如果你对中心的活动和服务有甚麽好主意, 请来参加咨询会议表达给我们。本中心每月一次的咨询会议, 在每月的第二个星期一下午1点召开。

### 老年服务项目

#### 老年法律协助

此项服务是为居住在Santa Clara县的60岁以上的老人提供免费的法律建议。这半小时的咨询范围包括: 社会安全、社会补助收入、联邦医疗保险、加州医疗保险、家庭服务、虐待老人、住房及长期关怀保险等。本中心开展的这项协助是在每个月的第一和第三个星期五的上午9点半到11点半, 请提前向本中心预约。

### 公车月票 \$17.50

65岁以上的老人或残疾人士乘坐本县的公车可以购买此月票, 你每月将得到一个标志并应将其贴到你的有照片的VTA的ID卡上。

### 捷运票 \$4.00

捷运票价是4元, 但其价值为16元, 65岁以上的老人可以购买。

### 理发 免费

每星期一、三、四、六

### 聚会/活动

#### St.James 歌唱春天演唱会 免费

4月6日, 星期二, 11点半, 午餐时间

### 跳蚤市场 摊位费 \$10

星期六, 6月26日, 上午9点-下午2点

星期六, 7月24日, 上午9点-下午2点

星期六, 8月28日, 上午9点-下午2点

只要天气允许, 你可以在此出售多余物品或买到便宜货。

### 母亲节交友活动

5月7日, 星期五, 12点, 午餐时间

欢迎你来参加, 有糕点和咖啡。

### 旗帜日

6月14日, 星期一, 12点, 午餐时间

有爱国音乐和向旗帜敬礼。

### 父亲节交友活动

6月18日, 星期五, 12点, 午餐时间

欢迎你来参加, 有糕点和咖啡。

### 其它活动内容包括:

台球、乒乓球、电视室、图书室、舞会  
中国象棋及麻将等等。



## Southside Senior Center

5585 Cottle Rd., San José 95123

**Phone:** 408-629-3435

**Fax:** 408-629-3442

**Supervisor:** Alan Briscoe

**Email:** alan.briscoe@sanjoseca.gov

**Bus Lines:** 27 and 68

**Types of Programs:** Senior programs, senior nutrition, and special events.

Southside Community and Senior Center offers a detailed monthly activity listing all programs and services, including the nutrition menu. This information can be obtained by visiting the center. Please refer to page 8-9 for program descriptions and additional information regarding city-wide aging services. Programs are designed for those age 50+ unless otherwise noted 408-629-3435.

### Adult Education

The Center offers a wide variety of Adult Education Classes geared towards seniors. Most classes are free or low cost. Pick up an Adult Education class guide at the Center. The Fall Semester typically runs from early September to mid-December while the Spring semester runs from mid-January to May.

### Advisory Council

The Southside Senior Advisory Council meets monthly on the second Wednesday of the month at 10am.



### Bingo

There are free snacks, door prizes, and special games. Bingo is completely run by volunteers and we're always looking for additional help. Tuesdays at 1:30pm. Doors open at 1:15pm.

### Blood Pressure Screenings

**Free**

Fridays, 10:30am-12pm.

### Boutique

The Boutique is open from 10am-2pm Monday-Friday and is located in Room #5. Many hand made items to choose from for that special gift. New members are always welcome!

### Health Insurance Counseling (HICAP)

**Free**

Trained volunteers from Health Insurance Counseling and Advocacy Program are at the Center the second and fourth Tuesday of each month. Please make an appointment by calling the Center.

### Newcomer's Orientation

Please call the Southside Senior Center office to reserve a seat just for you and take a tour at the Center. Newcomer's meets once a month.

### Notary

**\$3/\$5**

The third Tuesday of each month from 10-11am in Room 5. Please call 408-629-3435 to make an appointment.

### Nutrition Program

**\$2/\$5**

Nutritious meals are served Monday-Friday at 12pm. Suggested donation of \$2.00 for senior's 60+ and \$5.00 guest fee for adults under 60. Reservations are required. Please call 408-629-9606 at least two days in advance. A monthly menu is available at the Center.

### Older Adult Resource Specialist

**Free**

The Older Adult Resource Specialist holds office hours at Southside Senior Center every Wednesday from 11am to 1pm. Please make an appointment by calling the Center.

### Quilting

**Free**

Join others and learn how to make quilts or work on your own project with a group of friendly people.

### Senior Adult Legal Assistance (SALA)

**Free**

SALA is at the Center the first and third Tuesday of each month. Please make an appointment by calling the Center

*Southside Senior Center continues on next page.*



## Southside Senior Center (con't)

### Spanish, Beginning Free

In this class you will learn the very basics of Spanish such as the alphabet, how to say hello and goodbye, and much more. This class will prepare you for the Conversational Spanish Class that meets on Monday's.

### Stories of Service Free

Are you a World War II Veteran or Rosie the Riveter? Would you like to share your stories with others and preserve it for history? Then please join this great program. A group project between Digital Clubhouse Network, City of San Jose and local High School students that produce a 3-5 minute video of your story. Please call the Center, (408) 629-3435 for more information and an application. Be a part of history!

### Vial of Life Free

Pick up a free Vial of Life kit in the Center's office.

### Weekly Schedule

Day	Class	Time
Monday	Fitness Class	8:30-9:30am
	Life Planning	9am-12pm
	Ceramics	9am-12pm
	Spanish	9am-12pm
	Handwork Group	9am-1pm
	Computer Lab	9am-4pm
	Lunch	12-1pm
	Line Dance, Int	1:30-3:30pm
	Ping Pong	1-4:30pm
	Piano, Inter.	2:30-3:30pm
	Conversational Chinese	1-3pm
	Stories of Service	3-4:30pm
	Tai Chi	3:15-4:45pm
	Piano, Beg.	3:30-4:30pm
Tuesday	Walking Group	9-10am
	Pen Art & China Painting	9:30am-12pm
	Chinese Club	9am-3pm
	Pinochle & Bridge	9am-1pm
	Women's Friendship Group*	9:30-11:30am
	Computer Lab	9am-4pm
	Singing Group	10:30-11am
	Lunch	12-1pm
	Current Events	12:45-1:45pm
	Body Conditioning	1:15-2:45pm
	Bingo**	1:30-3:30pm
	Chinese Brush Painting	2-4:30pm
	Horseshoes	2:30-4pm

Day	Class	Time
Wednesday	Fitness Class	8:30-9:30am
	Family History/Genealogy	9-11:30am
	Computer Lab	9am-4pm
	Singing Group - "Memories"	9:30-11am
	Resource Specialist	11am-1pm
	Lunch	12-1pm
	Calligraphy	1-3:30pm
	Oil Painting	1-4pm
	Ping Pong	1-4:30pm
	Drama	1-3pm
	Dominos	1:30-4:30pm
	Feldenkrais	3:15-4:30pm
Thursday	Craft Group	9am-12pm
	Bridge & Pinochle	9am-1pm
	Computer Lab	9am-4pm
	California History	9:45am-12pm
	Brown Bag	10-11am
	Lunch	12-1pm
	Tai Chi & Physical Fitness	1-3:30pm
	Sewing	1:30-4pm
Friday	Ballroom Dance	1:30-3:30pm
	Fitness Class	8:30-9:30am
	Tai Ji Quan	9-11:30am
	Horseshoes	9:30-11:30am
	Conversational English	9:30-11:30am
	Creative Writing	9:30am-12pm
	Computer Lab	9am-4pm
	Blood Pressure Screening	10:30am-12pm
	Lunch	12-1pm
	Happy Singers	12:45-3:30pm
	Easy Moves	1-1:45pm
	Line Dance Social (1st Friday)	1:30-3:30pm

### AARP 55 Alive Mature Driving Classes \$10

Classes are offered four times a year at Southside Senior Center. Class meets for two Fridays from 12:30-4:30pm. After attendance on both days, participants will receive a certificate for completing the class. Class fee is \$10 for the two days. Please call the Center for an application and next class session.

### *Strong Neighborhoods Initiative Mission:*

*To build clean, safe and attractive neighborhoods with strong, independent and capable neighborhood organizations.*

**If you see graffiti in a park, please call 408-277-2758**





### **Bart and Flash Pass** **\$6/\$17.50**

Bart tickets and Flash Passes are sold Monday – Friday from 9am- 4:30pm in Room 5. **Bart tickets** are \$6 and they are good for \$24. worth of rides on Bart for seniors 65+. **Flash Passes** are \$17.50 for seniors 65+ or certified disabled and are good for unlimited rides on Santa Clara Valley Transit buses and light rail for the month. Santa Clara Valley Transit Authority Photo ID's are required in order to purchase the Flash Pass. You can purchase your VTA Photo ID card at their office located at 2 North First Street (at the corner of Santa Clara Street) in Downtown San José.

### **Boutique Club Meeting** **Free**

Third Wednesday of each month at 9:30am in Room 7. New members are always welcomed.

### **Brown Bag Program**

Thursdays, 10-11am in Room 9. If you are age 60+ or disabled age 55+ you may be eligible to receive a weekly supplemental bag of groceries if you meet the income requirements. Maximum monthly household income for one person is \$1,325; two people are \$1,790; and three people are \$2,256. Applications are available on Thursdays, 9:30am in Room 9.

### **Ceramics** **\$8**

Molds are provided. Participants work on projects together. Mondays from 9am-12pm in Room 9. Firing of the ceramics is done at the Center. \$8 for an 8-week session.

### **Chinese Cultural Club** **Free**

"South Mountain Chinese Club" welcomes new members. They meet Tuesdays from 9am-3pm in Room 7. Join in the fun with this great group of friendly people.

### **Conversational Chinese** **Free**

Learn to speak this beautiful language in a friendly environment. Mondays from 1-3pm in Room 7.

### **Conversational English** **Free**

Improve and practice your English. (This is not an "English as a Second Language Class). Fridays, 10-11:30am in Room 5.

### **Computer Lab** **Free**

Mondays through Fridays: 9am-4pm  
Reservations for computer use required. Please call the center, 408-629-3435.

### **Craft Club** **Free**

Thursdays from 9am-12pm in Room 7. Work on your own craft projects with a group of friendly people. Drop-ins welcome.

### **Dominoes** **Free**

Wednesdays 1:30-4:30pm in Room 8.

### **Easy Moves** **Free**

Whether you wheel or walk. Anything from weighted balls and bands to mini-balls and sticks for strength and coordination. Most exercises are done seated, some standing. Go at your own pace for all fitness levels. Fridays from 1-1:45pm in Room 7.

### **Fitness Over 50** **Free**

A wonderful workout for women and men while standing, sitting, lying on the mats, with weights (not provided) and fitness bands and tubes (provided). Monday, Wednesday and Friday from 8:30-9:30am in the Multipurpose Room.

### **Haircuts** **Free**

First Wednesday of every month from 10am-12pm. By appointment only. Call 408-629-3435.

### **Handwork Club** **Free**

Mondays from 9am-1pm in Room 7. Help make items for those in convalescent hospitals and baby items for needy charities. Yarn donations always welcomed.

### **Happy Singers** **Free**

Chinese speaking individuals are welcome to join this group. Leader is Sally Tan. The group does not meet on the first Friday of the month from 12:45-3:30pm in Rm. 6.

### **Horseshoes** **Free**

Stop by and pitch a game of horseshoes! Open to men and women. Tuesdays after 2:30pm and Fridays from 9:30-11:30am at the Horseshoe pits in front of the Center.

### **Line Dance, Int.** **\$16**

Join this fun class and learn beginning Line Dance the first half-hour of class. The rest of the class time is intermediate Line Dancing. Mondays from 1:30-3:30pm in the Multipurpose Room. Class fee is \$16 for 8-week class.

### **Lunch Bunch** **On your own**

Join the group as they have lunch together at a different restaurant each month. The group goes to lunch on the second Thursday of each month at 11:30am Please call the center to make a reservation, 408-629-3435.

### **Memories** **Free**

Join this great group of people and sing your favorite songs on Wednesdays from 9:30-11am in Room 6.

*Southside Senior Center continues on next page*



## Southside Senior Center (con't)

### Pen Art and China Painting **\$8**

Learn how to paint your own designs with a quill pen on plates, cups and vases. You will need to bring your own china plate or porcelain tile and a quill pen and your own painting supplies. There is an \$8 class fee for 16 weeks. Tuesdays from 9:30am-12pm in Room 6. Firing of products is done at the Center in the Kiln Room.

### Ping Pong **Free**

Mondays and Wednesday from 1-4:30pm in Room 9. Pick up a paddle and join the fun! Tables are first come first served.

### Piano, Int. **\$15**

Class teaches music theory, music appreciation and analysis of music composition. Individual and group instructions are taught with handout. Class meets on Mondays from 2:30-3:30pm. Class fee is \$15 for four weeks.

### Piano, Beg. **\$15**

Know and find your way around the keyboard. Learn to play by simple chords and melodies. Mondays 3:30-4:30pm. Class fee is \$15 for four weeks.

### Sewing **Free**

Remodel and alter new and used clothing. Find out how to save money by learning sewing basics and how to adjust patterns. Sewing machines and some sewing notions are available in the class. Thursdays from 1:30-4pm in Room 7.

### Southside Players **Free**

Wednesdays 1-3pm. Join this drama group for one act play/skits. No previous experience required. Group meets in the Multipurpose Room.

### Southside Senior Center Membership **\$8**

Show your support to Southside Senior Center by purchasing a membership card. Membership entitles you to discounts for special events, free movie and audio book rentals, a membership pin, and two free events for members only during the year. Membership is from January-December 2004.

### Southside Singers **Free**

We are practicing oldies but goodies. All voices welcomed. Singers meet on Tuesdays from 10:30-11am in the Multipurpose Room on the stage.

### Tai Ji Quan

**Free**

Twenty-four forms are taught. Everyone is welcome to participate. Fridays from 9-11:30am in Room 8 & 9.

### Women's Friendship Club

Activities may include a day trip, craft demonstration, and guest speakers. Programs are occasionally off site. Trips are for members only and their guests. New members are always welcome. Please call 408-629-3435 for a schedule of activities.

## SPECIAL EVENTS

### Halloween Luncheon **\$2/\$5**

Friday, October 29, 2004 • 11am-1pm.

Enjoy games and fun from 11-11:45am Lunch served at 12pm. Please make reservations in person beginning October 1st. Suggested donation of \$2.00 for adult's 60+ and \$5.00 guest fee for adults under 60. Be sure to wear your costume for the best costume award!

### Thanksgiving Luncheon **\$2/\$5**

Friday, November 19 • 11am-1pm.

Enjoy entertainment from 11-11:45am. Please make reservations in person beginning November 1st. Suggested donation of \$2.00 for adults 60+ and a \$5.00 guest's fee for adults under 60.

### Line Dance Social **\$1**

First Friday of Month 1:30-3:30pm

### Ballroom Social **Free**

Thursdays, 1:30-3:30pm in the multi-purpose room.

## Do you have a talent, hobby, or special skill to share with others?

Turn that skill into cash by becoming a class instructor. Apply on-line at

**[jobs.cityofsj.org](http://jobs.cityofsj.org)**

or call (408) 979-7829 for more information.



## Willows Senior Center

2175 Lincoln Ave., San José 95125

Phone: 408-448-6400

Fax: 408-978-8291

Supervisor: Jane Hemeon

Email: jane.hemeon@sanjoseca.gov

Bus Lines: 26 & 64

**Types of Programs:** Fee class, rentals, senior programs, senior nutrition, and special events.

**Programs are designed for those age 50+ unless otherwise noted**

Willows Senior Center offers a monthly activity listing including the nutrition menu. This information can be obtained by visiting the center. Please refer to page 8-9 for program descriptions and additional information regarding citywide aging services. Programs are designed for those age 50+ unless otherwise noted.



## City Holidays

The following dates are City Holidays.  
Most facilities will be closed and no programs held on the following dates:

September 6 - Labor Day ☐

October 11 - Columbus Day ☐

November 25 & 26 - Thanksgiving ☐

December 24 & 25 - Christmas ☐

December 31 - New Years Eve

For information on holiday closures for a specific program or facility, please call your local PRNS facility.

### Adult Education (MAEP)

The Center offers a wide variety of Adult Education Classes for seniors. Classes are free or low cost. Pick up an Adult Education class guide at the Center.

### Advisory Council

If you have ideas on how to improve programs and services at our center, please join us the first Monday of each month at 9:30am.

### Health Insurance Counseling (HICAP)

**Free**

Trained volunteers from HICAP are at the Center the second and fourth Wednesday of each month. Please make an appointment by calling the Center.

### Newcomers Orientation

Provides an overview of the programs and services; includes a guided tour of the Center, an opportunity to meet staff, a detailed monthly activity guide, an overview of center membership, as well as an invitation to stay for lunch. Call 408-448-6400 to reserve a seat just for you.

### Notary

**\$3**

3rd Wednesday of each month at 10-11:30am.

### Nutrition Program

NOTE: Reservations are not required. Birthdays are celebrated the 4th Thursday of each month.

### Older Adult Resource Specialist

**Free**

The Older Adult Resource Specialist holds office hours at Willows Senior Center every Tuesday of the month from 11am to 1pm. Please make an appointment by calling the Center.

### Senior Adult Legal Assistance (SALA)

**Free**

Free legal advice for adults 60 years of age or older who are residents of Santa Clara County. Half-hour consultations on legal problems. Please make an appointment by calling the Center.

### Vial of Life

**Free**

Pick up a free Vial of Life kit in the Center's office.

*Willow Senior Center continues on the next page*

Visit us on the web at [www.sanjoseca.gov/prns](http://www.sanjoseca.gov/prns) or  
email us at [PRNS@sanjoseca.gov](mailto:PRNS@sanjoseca.gov)



## Willows Senior Center (con't)

### Weekly Schedule

Day	Class	Time
Monday	Fitness/Feldenkrais (MAEP)	8:30-9:30am
	Organ (MAEP) \$10	9:30am-12:45pm
	Bereavement Support	1-2:30pm
	Gardening (MAEP) \$10	10am-12pm
	Canasta Club	1-4pm
	Lawn Bowling	12:30pm
	Senior Net**	9am-4pm
	Square Dancing	1:30-2:30pm
	Stamp Club	10-11pm
	Volunteers to Help Others	9am-12pm
	Willows Walkers Club	9-10am
Tuesday	Hike for Health (MAEP) \$45*	8:30am-4:30pm
	Tappity Exercise (WS)	10-11am
	Book of Month Club	10-11:30am
	Senior Net**	9am-4pm
Wednesday	Woodcarving Club	9-12pm
	Tai Ji – Level I (MAEP)	8:30-9:30am
	Senior Theatre	9-10am
	Willows Walkers Club	9-10am
	Fabric Art (MAEP) \$10	10am-12pm
	Watercolor (MAEP) \$10	12:30-2:30pm
	Bingo	1:15-3:30pm
	Senior Net**	9am-4pm
	Drop-in-bridge	12:30-3pm
	Quilters Club	9-11:30am
Thursday	Rubber Stamp Club	1-3pm
	Spotlighters	10am-12pm
	Tai Ji (MAEP)	8:30-9:30am
	Spanish II (MAEP) \$10	9-11am
	Calligraphy (MAEP) \$10	9-11am
	Calligraphy, Beg. (MAEP) \$10	11:05am-1:05pm
	Art Club (Old Masters)	9am-12pm
	Square Dancing	1:30-2:30pm
	Personal Growth	1-2:30pm
	Ballroom Dance	1:30-3:30pm
	Drop in Bridge	12:30-3pm
	Exercise with video	8:30-9:30am
	Lawn Bowling	12:30pm
	Senior Net**	9am-4pm
	Senior Social Club	9am-12pm
	Tennis	8-10am
	Memoir Writing (MAEP) \$10	1:30-4:10pm

Day	Class	Time
Friday	Chinese Brush Painting, Beg. \$10	8:45-10:15am
	Life & Love	10-11:30am
	News & Views (MAEP) \$10	9:30-11am
	Chinese Brush Painting, Int. \$10	10:30am-12:30pm
	Watercolor (MAEP) \$10	12:30-2:30pm
	Chinese Calligraphy (MAEP) \$10	1-3pm
	Mindfulness Meditation	1-2pm
	Senior Net**	9am-4pm
	Willows Walkers Club	9-10am
	Lapidary \$25 for 8 weeks	9am-12pm
	Chess Club	12-4pm
	Exercise - Stretching	8:30-9:30am
	Willows Singers	2pm

\* Call office for Hike for Health class schedule.

\*\* Senior Net, a volunteer-run, non-profit organization, offers affordable classes teaching computer use to seniors. Log on to: [www.snlcsj.org](http://www.snlcsj.org) or call SrNet Voice Mail at: 408-978-1587

### Bereavement Support Group

Pathways Home Health & Hospice would like to invite you to attend the Bereavement Support Groups for widows/widowers Mondays from 1:00-2:30 p.m. For enrollment inquiries, please contact the bereavement Program Manager, Julie Mangney at (650) 947-4252.

### Life & Love Discussion group

Fridays 10-11:30am, Reuven Dawer, MA, MS, offers a new version of his popular class, "Exploring Relationships". This ten-week session is designed to cover the many facets of human interaction. Call for next start date.

### Personal Growth – A Group Experience

Thursdays 1-2:30pm. Discussion led by Sarah Chapman, LMFT. Topics include: Caring for Self, Caring for Others, Managing Change, Reconciling to Loss, Setting Limits & Maintaining Optimism.

### Mindfulness Meditation

Fridays 1-2 pm. Seeking Serenity? Join us! Developed for use by sufferers of chronic pain and other chronic stress. No religious focus. Easy to learn. All Welcome!

### The Willows Boutique

Is open Monday – Friday 10-2. Hand crafted art created by Willows Seniors.

### Pool Room

Is open Monday-Friday 8:30-4:00 p.m. in room 13. There are three pool tables. Join the fun and camaraderie!